

How to attain Barakah(from Allah)

Part 1

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“Your writing is both inspirational and
motivating...”

Halima Sarki

Abuja Nigeria

“My husband is Abu Abdillah, and what is Abu Abdillah(i.e. what should I say about him)? (Has) a determination unmatched by many of his contemporaries. An aspiring zaahid, barely appearing to be connected to the world, and with a large heart both physical and metaphorical. A man extremely quick to anger but is quickly soothed by the verses of the Quran and authentic narrations of the religion. His ambition is unmatchable to many, and coupled with his Tawakkul(from what one can humanly observe), always seems to get whatever of the halal he sets his heart

upon, or better(directly from His Rabb/
Creator)"

Umm Maryam

[My wife is Umm Maryam, and what is
Umm Maryam(i.e. what should I say about
her)? Her worship of Allah(from what the
eye can see) comes close to no one I have
ever witnessed before(with my own eyes),
her supplications are always
answered(from what Allah has blessed me
with of little knowledge). Her worldly
beauty has a distant resemblance to that
of The Hur Al 'Ain of Jannah. On top of that,

Allah has fully concealed it to none other than her husband, through her niqaab. Her zuhd/ abstemiousness has a resemblance to the one who's name she bares, from the Quran and Sunnah; Maryam 'aleihaassalaam. Her detachment from the dunia is undescribable, and just like Maryam 'aleihaassalaam, her provisions from her Creator never cease, whether her husband provides for her(from the little he has) or not.- Abu Abdillah]

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Introduction

Bismillahirrahmaanirraheem

In The Name of Allah, The Entirely
Merciful, The Especially Merciful

This is a book about How to attain
Barakah(from Allah)- Part 1- by the
will of Allah.

Source: Madrasatuna

Text(Matn)

Bismillahirrahmaanirraheem

In The Name of Allah, The Entirely
Merciful, The Especially Merciful

Alhamdulillah wassalaatu wassalam
'alaa Rasuulillah

All praises be to Allah and
salutations and peace be upon the

Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

BARAKAH(from **only** Allah, Al
Waahid, Al Ahad, Al witr)

Barakah does not exist in anything
except that it is increased beyond
normal expectations.

If you are endowed with Barakah, you will accomplish a great deal in less time, achieve more with little/no resources, and endure laborious activities with minimal effort.

How does one attain Barakah?

Here is the first way to attain Barakah:

1. Say Bismillah before starting:

Allah is blessed in His Essence, so too are His Names and Attributes:

Allah says:

“Blessed is Allaah, Lord of the worlds.”

[Surah Al-A-râf: 54]

And He(Allah) says:

“Blessed are the Names of your
Lord”

[Surah Ar-Rahmân: 78]

Barakah comes from Allaah alone, so
it should only be sought from Him.

This is why we mention Allaah's Name before commencing a task.

We do this before eating, drinking, undressing, leaving and entering the home etc etc, as taught by the Prophet ﷺ.

May Allah guide us all Ameen

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salutations and peace be upon the
Prophet Muhammad, His Family, His
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Bonus Chapter

How to attain Clarity

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To proceed

Bismillahirrahmaanirraheem

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To proceed

Quick fix: short term solution

Take 5-HTP every now and again

Caution: Don't overdose and don't
take too frequently to avoid adverse
effects

Note: It is better for purity of body and mind to take the vegan alternative

Or if you are really a travelling health seeker or prolific health researching activist, get your hands on the actual fresh, organic *griffonia simplicifolia*; learn how to make

effective/ safe use of it, before you proceed to far.

And even further to that, plant it yourself and grow it

Long term: Permenant solution

Sequence of Steps one can take:

1. Ask your Creator(Allah for guidance)

2. Learn about your Creator(Allah) from the authentic Islamic sources: i.e. The Quran, authentic narrations of the Prophet(Peace be upon him), according to the understanding of the Companions(May Allah be pleased with them) of the Prophet(Peace be upon him)

3. Submit to your Creator Allah completely(as His completely

submitting, thankful and
worshipping slave);

a. In His Lordship

b. In Worship of Him alone(not
associating any partners at all with
him in any shape or form), in the
manner that He legislated(in His
speech- the Quran, and on the
tongue of His Messenger- peace be
upon Him- who only spoke by
revelation)

c. In His Names and attributes

4. Take ablution(ritual cleansing

wash performed before prayer)

5. Learn all the issues concerning

the Salah(it's jurisprudence/
understanding)- i.e. it's conditions,
prerequisites, it's inner dimensions,

the meanings of all that is said in the
salah etc etc

6. Be sincere and always ask Allah
for sincerity

7. Pray a prayer, having no concern
but Allah, and no concern for
anything else nor what is outside the
prayer. A prayer where you don't
intend to come out of it until your
Rabb is pleased with you and you

meet him; with all humbleness and submissiveness

8. In that state, stay in the prayer for as long as you need to, imploring your Rabb for guidance, help, support and all goodness of this world and the hereafter, especially during prostration(sujood)- keeping to the guidance of the

Prophet(Muhammad- Peace be upon him)

9. Don't leave the presence of your Rabb until you have attained the khair(good) of what you were seeking- by His permission

10. Wa allahu A'lam/ And Allah knows best

May Allah guide us all Ameen

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Bonus Chapter

Parables Part 1

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To proceed

1. Parable of the Pixel

In general, people are like pixelated images; when you zoom out, their image appears complete. But when you zoom in close enough, you start to see pixelated bits/ dots of their character, and at times, even hidden

messages that are not congruent
with their zoomed out image

2. Parable of the nomad

There are places in this dunia, that
are not suited for everyone to
attend(to their illusionary pastures),
except by those creation(of Allah),
who He alone knows have the
ability(by His permission), to
operate their

3. Parable of the hypocrite

There exists people in this dunia
that; in order to build you, they seek
to first break you;

A concept not farfetched from
reality, as how else would they
release their
shayaatiin(companions), without an
opening(of misplaced trust)

4. Parable of the inverted signpost

In this day and age, if a person links you to insanity, what they are telling you is that they would not be able to benefit you(in that particular issue), *in ipso momento*¹.

May Allah guide us all Ameen

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Bonus Chapter

Knowing Allah Part 8

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To proceed

All Allah's actions originate with
perfectness because they originate
from His names and attributes,
which are themselves perfect.

His actions are linked to His will and
decree.

Allah was and always will have His names and attributes i.e. creating.

He speaks when He wills

He remains a Creator even when He does not create.

He is a provider even when He ceases to provide.

He possesses the attributes of His actions although He may choose not to act.

When He speaks or creates, it does not mean that the speech or creating attribute came into being when they were “inaccessible to Him”.

These are very important matters

11. The names comprise no evil

In a Hadeeth; du'a prophet made: all good is in your hand and the evil is not imputable to you. I am by you and to you, blessed are you the exalted.(Muslim)

Sheikh Islaam Ibn Taymiyyah:
There is no name which Allah has(beautiful names) which comprises evil, it is however (evil) in relation to the object

(Note:) Sheikhul Islaam: title- elder of Islaam, honouring Islamic scholars of high standing.

Ibn Taymiyyah Ahmad ibn 'Abdul Haleem Ibn 'Abdul Salaam ibn 'Abdallah ibn Abul 'Abbaas faqihuddeen Ibn Taymiyyah

Born in Harraan, Northern Iraq, in 661H, 1263AD

(He) grew up in Damascus Syria

(He) mastered various disciplines of
Islamic knowledge

Against (the) tartars in Syria, he
fought

He was imprisoned in Syria and
Egypt

He died in 728H/ 1328 AD

He died in prison due to his writings
against innovations

May Allah guide us all Ameen

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Bonus Chapter

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To proceed

Brief Introduction

I was born in Uganda, in Kampala, the capital city. My Father(rahimahumullah·) died when I was around 2 years old. I was raised an orphan by my Mother's family, who are majority Christian

The Religion Classification Conundrum

However much I try to explain to individuals about my religious

background, the majority have still not understood it: Let's just say, I am 4th generation of Muslims from my Genealogy, and I was raised in a Christian household...that is the best summary I can give.

Need for attention

Ever since I was a child, I've always either been the centre of attention, or Allah has still provided me with an

individual or individuals to fulfil certain emotional, spiritual needs etc

The Emotional Deficit Conundrum

As I was approaching my current age, I came across certain individuals and groups that thought they would force an unfuelled/unenergised car to drive, moreover around the world and back(metaphorically speaking)...an

impossible feat, to all those who
have intellect

Even if we go with the argument
about electrical cars etc, then each
vehicle with it's fuel/ energy type or
in whatever combination, requires
it's specific amount of it, preferably
at the optimum combination for that
vehicle to even attempt to perform
to at least a satisfactory standard;
not even having gone into the other

many variables within the full structure of the car...So, now we enter the world of Holistic living

Search for the truth

The beginning of holistic living, search for the truth, re-encounter with Islaam, Islamic Orthodoxy and eventually Orthodox Islamic Spirituality, Peace, Contentment and Forever Thankful to My Creator, Allah Subhana Wa ta 'aala.

Allah guided me to eventually make Hijra to a land far from where I was raised, as I went out in the search for independence, meaning, success and consequently, for the purpose of life.

Eventually, Allah allowed me to find my life purpose, of being solely and purely in the worship of my Creator, and hence I am here today, sharing

my experiences and most importantly my gratitude to Allah for guiding me to Islam, Orthodoxy, the balanced religious path and beyond

Alhamdulillah

May Allah guide us all Ameen

Return to Africa

My return to Africa was one of intense emotional experiences, spiritual happenings and miraculous events

Salvation

Given the many Brits and Western-raised individuals that return to Africa, and never come back alive...my return back to Leicester

from Africa, was not short of
miraculous, for lack of a better term

Looking forward

Worshipping Allah till death should
be our main goal, if not our only
goal, as well as fulfilling all our
obligations towards Allah, all our
contracts and most importantly, our
main/ only eternal contract of “Laa
illaah illallah”/ There is no deity

worthy of worship, in TRUTH, Except
ALLAH

May Allah guide us all Ameen

Refer to my other books for further
life reflections etc

May Allah guide us all Ameen

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Bonus Book 1: The Spiritual Restroom

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To proceed

1. The Spiritual restroom

There is a place you must frequent multiple times a day, but at least once to keep spiritual fluidity; This place is called the spiritual restroom. Just like a physical restroom, you must purify yourself regularly, of spiritual filth; anger, hatred, hasad/ jealousy, lack of forgiveness, laziness, indifference, lack of mercy etc. Just like physical restraint from the restroom leads to compromise of your well-being/ 'afiyah, in general,

likewise, lack of regular spiritual cleansing causes multiple blockages in your spiritual channels, thus causing one to not be correctly connected to His Rabb/ Creator/ Allah Subhaana wa ta 'aala, and the Creation around Him. This causes incongruity in all of one's relationships(Divine or terrestrial), leading ultimately to permanent spiritual sickness, and ultimately; spiritual death.

May Allah guide us all Ameen

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Bonus Book 2: Infinite Tears of Salvation

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To Proceed

1. Not everyone in this world is happy. Press the reset button continuously. Don't despair, don't lower your self, don't argue, don't fight without clear instruction from your Rabb/ Lord/ Creator. Be good and stay firm upon the right path.

2. Levitate(spiritually over the negativity of others). Never enter the abyss of negativity, as the path back up is filled with Shayatin/ Devils

from mankind and Jinn, that never tire nor wish good for you, and who have funding in time, finance, resources, to keep you permanently down and dejected, and to ultimately remain(in torment of you) forever i.e. until you are all flung into the hell-fire jami'an/ altogether.

3. Invest all your time in seeking a path to your Rabb/ Creator/ Lord, knowing Him, getting close to Him, and always remaining in His

remembrance and being
unwaveringly watchful of Him/
Muraqqabah

May Allah guide us all Ameen

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Bonus Book 3: Overcoming Negative Emotions

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To proceed

1. The best way to fight anger and
negative emotions/ feelings is to just
let go of it

2. Without conflict, we wouldn't be able to separate the real sheep from the deceitful wolves

3. Patience is like a bitter herb, whereas above that is shukr which is as sweet and as fulfilling as pure unadulterated honey

4. The more you have to work for something, the sweeter the internal enjoyment is, at and beyond that

things innate threshold of success(by the will, permission and command of Allah)

5. Just like business, you can not build a successful Emotionally Positive Enterprise in one day

6. To be a lover, you must love, otherwise, even the one full of hatred may at times positively

emerge from their constantly negative bouts of emotion

7. Be like an infinitely(I.e. tending to) stretching rubber band; that way after negative ephemeral forces let go of you, by way of whispering coercions(and otherwise- as in the case of human Shayaatin/ devils), you always bounce back to your positive centre. Most importantly, always remain connected to your core principles, values and beliefs

8. Silence in a state of anger, will
save you an eternity of regret

9. Be patient. Take life slowly and
gradually as it capitalizes(by the will
of Allah). No sane individual is
known to eat a raw grain of rice
directly from a cooking pot before
the contents of the pot boil and
soften; we are not chickens, so

behave like a human and patiently
wait for success at its due time

10. Life is a journey, but most
importantly a process; Have your
positively ephemeral and divine
goals and just enjoy the speed
bumps on the way. Whatever you do,
DON'T RUSH/ DON'T BE HASTY

May Allah guide us all Ameen

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salutations and peace be upon the

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Bonus Book 4: The Spiritual Sea Bed

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To proceed

There is multiple spiritual platforms within you that you can use(at any time) to access everything you ever wanted and dreamt of(ONLY by the, will, permission and command of Allah); the only way you can access these multiple platforms of varying depths, some of which tend to infinite, is to completely, wholeheartedly and unwaveringly submit yourself(body, heart, soul, mind

emotions) to Allah/ Your Creator
'Azza wa Jal(Who is an entirely
separate Entity to any of His
Creation, High Exalted is He above
all that they associate with Him as
Partners)

May Allah guide us all Ameen

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Bonus Book 5: Life Advice 1

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To Proceed

1. Never argue with anyone, never judge anyone, never look down on anyone. Pray for yourself, and pray for everyone
2. Forgive yourself and forgive everyone for the sake of Allah. Have a clean slate. Only love what Allah loves, and only hate what Allah hates

3. Never use your desires in the affairs of religion

4. Everything in this world has a purpose. Learn to accept the reality of life, prey to your Rabb and use your energy to better yourself and pray for others

6. Be positive, be cheerful, always smile, and

religion never judge(according to
your desires)

5. Take care of the relationship with
your Creator, and The Creator will
take care of the relationships with
the Creation(in whatever form)

6. Be positive, be cheerful, always
smile, and never judge(according to
your desires)

7. All that is in your life is good for you. Make good use of your blessings immediately, as you never never know when your blessings will be taken away from you

8. Be positive, never hold grudges for the sake of yourself or creation. Only connect yourself with Allah, and NEVER to the creation

9. The Devil wants to trick you. Seek refuge in Allah from the devil, seek a way to your Rabb/ Lord/ Creator

10. Endure, be patient and keep on praying

May Allah guide us all Ameen

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Companions and all those that follow
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Bonus Book 6: Poetic Statements for my Love

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To proceed

Poem 1

If I had to trade the whole world and
it's shimmering, glimmering beauty
to enter paradise with you as my
wife, I would and I have,

I would walk to the moon and back
just for your companionship in
Jannah, and I have.

I would sacrifice my money for our
companionship, and I have,
with the little I can afford.

If I could be with you now to wipe
your tears and be a shoulder to cry
on and a pillow to lay on, I would,
and you know I would...I love you
and always will

Poem 2

If I ever knew

If I ever knew I had to climb one
giant mountain to earn your worldly
love, I would say make it two

If I ever knew there would be a day
without me speaking with you,
I would filter my speech and think
about what I said to you,
momentarily, through and through

If I ever knew I would cause a drop
to fall from your eyes, being a
reflection of the pain I would cause
you,

I would plea with my Rabb to
summon the sea to cool your
frustrations,
I would ask my Rabb to
hasten His mercy upon us, positively
regenerate my thoughtless remarks,
purify my heart and make my soul
renewed

And if I knew there was a day I might
lose you, I would trust in my Rabb,
and pray to him ardently to diverge

this calamity from the Qadar towards
the Qadar,

So I may forever be with you

Poem 3

The wind that blew

Oh what sorrow, when I lost you,

Amongst the souls lined up with
Prophet Adam,

Me and you intermingling spiritually
with one another,

Then it was just then, it was like the
wind blew

Separated on Earth through lineage,
searching through the worldly
rubble, looking
only for you

Until I found my soul mate once
again, rejoined, realigned, rekindled,
a friendship we remembered once
anew

And that's when it happened again,
suddenly it was like a wind just blew

Poem 4

How I long to hold you in my arms,

and tell you it will all be okay.

How I long to have you by my side,

fingers gently interlocked,

And tell you do not be afraid,

Not because of your lack of

Taqwa(of Allah),

But the permissible fear of losing

one another through the plots of

Shaitaan, and the realisation that

yes it is all alright...

As I stand face to face with my Love
in Jannah ,
gazing eternally into your eyes

Poem 5

Worldly death would be sweeter for
me than even an atoms thought of
the possibility of losing such a
priceless gem like you, of which no
proficient merchant would be able to
purchase, however much they

perfected there trade, and however many worldly days they would toil.

You are special, not just because I think so, but because you are a special blessing from Allah, of which no human word could do justice...

How I wish to wake up in Jannatul Firdaws with you by my side(forever), only to realise that the worldly turmoil was all but just a dream...♥

END

May Allah guide us all Ameen

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Bonus Chapter

Bismillahirrahmaanirraheem

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To proceed

Through the distresses of
homelessness on the streets of
Nigeria...

That's when it happened...

A figure appeared in front of me at a distance, walking and guiding me out of possibly approaching trouble and turmoil...

I looked directly behind me, and another figure in the form of a brightly shining star could hardly be made out.

I then continued to follow the figure in-front, until we reached the famous junctions/ crossroads within central Abuja area.

As the figure began to leave and disappear never to be seen(Wa Allahu A'lam) again, it made a gesture of takbir as it left, as one would do as they are starting their Salat/ Prayers to Allah.

As I did not have much provisions, let alone access to a clock/ the time etc, I figured it was the time for fajr prayer.

So, due to extreme fear, lack of provision and safety, plus adding the dangers I encountered(and that momentarily surrounded me) on the streets of Abuja (as a homeless person), and the need to fulfil my Creator's command, of praying my

Fajr/ morning prayer, I immediately made takbeer and started the prayer.

A Muslim must not look to his sides or move around in his prayer, once it commences.

However, as I concentrated on my prayer(Wa Allahu A'lam), I could see at the corner of my eyes, figures on the left, and figures on the right. The figures were aligned on both sides of

me, in prayer formation; in the form of clear, dark shadows.

Once I completed my prayer and was in the process of giving tasleem/ the ending of the prayer, the figures disappeared...

I was back again, confronted with the reality of my temporary homelessness, on the streets of Central Abuja, Nigeria.

Wa Allahu A'alam

May Allah guide us all Ameen

All Praises belong to Allah

And The Peace of Allah be upon the
Prophet Muhammad, his family,
companions and all those that follow
him till the day of judgement

May Allah guide us all Ameen

Bonus Chapter

May Allah guide us all Ameen

May Allah forgive us all with a
complete forgiveness and pardon us
with a complete pardoning Ameen

May Allah allow us to be completely
thankful for the abundant favours
that He has bestowed on every one
of us...in our family, our selves, our
property and every other provision,
(however small we deem it to be
and) whether we know it or not

Ameen

May Allah allow us to be thankful for the gift of life, the gift of well being, the gift of breathing, the gift of life-sustaining air, the gift of organ balance Ameen (without which we'd be in a constant and perpetual state of excruciating pain)

May Allah allow us to be thankful for exactly where he placed the sun, the moon, and their exact phases

Ameen (of which any slight discrepancy would render the worldly weather unlivable for us, unbearable and sleep would be impossible)

May Allah give us guidance and protection Ameen (lack of which we would never find the path of righteousness and safety)

May Allah give us abundant, never ending good provision, blessings one

after the other, never ceasing

Ameen

May Allah allow us to be thankful for
all the never ending blessings he
has given us Ameen

May Allah allow us to be thankful for
what we He has bestowed upon us of
knowledge Ameen

May Allah increase us in beneficial
knowledge Ameen

We ask Allah by His greatest names,
by His being Al Hayyul Qayyum,
Allah, Allah Ahad Allahussamad Iam
yalid walam yulad wa Iam ya kun
lahu kufuwan Ahad, ArRabb, Al
Mu'tii, Al Baasit, that he guides us,
unites us upon the khair, forgives us,
that he has mercy upon us and gives
us Jannatul Firdaws Ameen

We ask Allah by His name
AshShakoor, AshShaakir, Al Hamiid
that He allows us to thank Him, at
all times, unceasing Ameen

We ask Allah by His name AsSalaam,
that He gives us eternal peace and
sakiinah Ameen

We ask Allah by His name

Arrahmanirraheem,
Ghafooruraheem, that he has; never
ending forgiveness and mercy upon
us, forever and for eternity Ameen

We ask Allah by His name Al 'Afuww,
that He pardons us for our
shortcomings Ameen

Yaa saami'uddua, answer our good
du'as Ameen

Yaa Al Muhsin give us all khair

Ameen

Yaa Allah, give us the eternal gift of
complete submission to you Ameen

Yaa Allah allow us to remain upon
submission, eternally and
perpetually, unceasing Ameen

Oh Allah, by your face we ask for
Jannah Ameen

Oh Allah, Our Rabb, The Rabb of our
Fathers, The Rabb of our Mothers, by
all your Names and Attributes, make
the Quran the spring of our hearts,
the light of our chests and the
removal of our distresses Ameen

Oh Allah, by your attribute Muqalibal
qulooob, keep our hearts firm
eternally on your religion Ameen

Yaa Allah, guide us, unite us upon
the khair, forgive us, have mercy on
us, and give us Jannatul firdaws
Ameen

Alhamdulillah wassalaatu wassalaam
'alaa Rasulillah

Bonus Chapter

Spiritual Levitation 1: The Other side of Abstemiousness

1. Face your fears, and pray to Allah always
2. You can never attain true success (i.e. in this world and the next life), until you worship Allah correctly and seek His assistance continuously/continually

3. If you choose a life of worshipping Allah in all that you do in your life, then(by His will), all that you desire will come to you submissively.

4. Every time you feel like giving up, turn back to Allah(whole heartedly)

5. Concentrate on bettering yourself. The general rule of thumb is that the better you are, the more

those around you get affected
positively.

6. Keep on being patient, and never
stop being patient, until your soul
exists the collarbone.

7. In patience, there is wisdom from
Allah. He is showing you that He is
The One that controls everything

8. Modern day monks(and
practitioners of abstemiousness) can

sometimes be found in cities and towns.

9. The more you practice Zuhd(Orthodox Islamic Abstemiousness), the more your heart lets go of the world. Then the more the world clings on to you(metaphorically speaking)

FINAL PRAYER

All Praises abundant and plentiful belong to Allah, and peace be upon his final Messenger Muhammad, peace and blessings be upon him, his family, his companions and all of those that follow them till the day of Judgement.

FINAL WORD

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Bonus Chapter 1

3 types of souls

1. Mutma innah- Surah Fajr Verse
27(The break of day or The Dawn)
2. Lawwaamah- Chapter 75 Surah
Qiyaamah(The Resurrection) Verse 2
3. Amru bissuw-
Hisnul Muslim- Qahtani

3 types of hearts

1. Qalbun Saliim(A sound heart)

2. Qalbun Mareedh(A sick heart)

Oh Allah give us a complete cure
that leaves no illness Ameen.

3. Qalbun Mayyit(A dead heart)

May Allah protect us from this
Ameen

Bonus Chapter 2

‘Uboodiyyah: Beyond Temporary Friendship

All praises be to Allah and
salutations and peace be upon the
Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

1. If you don't let go to worldly love,
you'll never know which relationship
is meant to be permanent, and

which was meant to be temporary;
for the good of yourself.

Take the example of Prophet
Ibrahim(upon him be peace and
Salaam):

The important thing(wa Allahu
A'laam/ and Allah knows best) is that
Allah wanted
Ibrahim('aleihimussalaatu wa
salaam/ upon him be peace and
Salaam) to sacrifice the love of his
son from his own heart.

Like the story of the 2 sons of Adam; Allah wanted to see who would part from the dunia/worldly life from their hearts(wa Allahu A'laam/ and Allah knows best), by giving their best possessions i.e. the crops

Allah is Assamad(He is in need of noone/nothing, but all are in need of him).

So the conclusion is that Allah wants us to go to Him with Qalbun Salim(a pure heart).

May Allah allow us to live and die with Qalbun saliim(a pure heart)

May Allah guide us all

Ameen

Bonus Chapter 3

Spiritual Levitation 2: The Other Side of Abstemiousness/ Zuhd

All praises be to Allah and salutations and peace be upon the Prophet Muhammad, His Family, His Companions and all those that follow him until the day of Judgement

To proceed

1. Never let go of your(correct) religious principles

2. The enemies surrounding you(i.e. Shaitan/ satan and dunia/ the seeming glitter of the world) (and within you, (i.e. your hawa/ desires and nafs/ your lower self) are always ready to launch attacks. Be vigilant(i.e. by supplicating to Allah always), be informed(i.e. seek knowledge) and be ready(for the ongoing spiritual battle/ warfare) and on guard(by beseeching Allah's assistance, refuge and rescue)

3. Sometimes you have to let go of certain things, for a new chapter in your life to begin

4. Whatever is with Allah(by His protection)/ Everything that is with Allah(by His protection) is never lost

5. It is at that breaking point, when you literally(and metaphorically) feel that you are fast-approaching

rock bottom(or anguish is about to set in); that is the time to supplicate for all the good that you wish for.

Then wait for the miracles that shall follow(only by the will of Allah)

6. Always ask for Allah's bounties/ favours upon you(, whether you hear the cockerel crow or not)

Bonus Chapter 4

Introduction to Pre-destiny: The Sea Without a Shore

All praises be to Allah and
salutations and peace be upon the
Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

4 Parts to the Qadar(Pre- destiny of Allah)

1. Al 'Ilm(knowledge)

That Allah knows everything that was, everything that is(now), everything that is going to be/ that will happen(in the future), and also things that **if they were to happen**, how they would happen.

2. Al Kitaabah(The writing)

That Allah instructed the pen to write all the things that will happen(till eternity- And Allah knows best), 50, 000 years before the creation of the Heavens and Earth.

3. Mashi a(Will)

That everything happens by the will of Allah.

That we also a will, but ultimately, it is still under the will of Allah.

‘Aml(Action/ Deeds)

That Allah created/ creates everything, including our actions.

Bonus Chapter 5

Knowing Allah Part 2

The Names of Allah have influence in
the hearts that know of Him.

The state of shyness of Allah
will increase.

When a person sins, his heart
is free of imaan at that time.

Ibn 'Abbaas: Like this(imaan is
taken away) he meshed his hands
together then separated them, then
he said; when he repents, his imaan
returns, (then he meshed his hands
together again)

Maa lakum laa tarjuuna lillahi
wa qaara; What is the matter with
you that you don't return back to

Allah(and don't give Him the proper estimation)

Those who sin against Allah(don't believe in Allah properly) don't have the proper estimation of Allah.

Chapter 39 Verse 36

Is not Allah sufficient for His slaves.
They try to frighten you with those they worship besides Allah.

If a slave gives Allah the proper estimation, he will have awe/ fear, which will keep him away from sin.

Remembrance(of Allah), is obedience to Allah.

The one who is obedient to Allah, remembers Him(dhikrullah)

The one who is disobedient to Allah, is not remembering Him(dhikrullah)

Sa'iid Ibn Jubair:

Whoever obeys Allah has
remembered him.

Dhikr is of 2 types:
Remembering Allah with the tongue,
and remembering Allah at times of
disobedience(and refraining from it)

Knowledge of Allah lends the
believer to strive in worship of Allah.

Chapter 51 Verse 17- 18

They used to sleep little by night, invoking Allah, and in the hours of the night, they used to seek forgiveness.

Ignorance(greatest form)- not giving Allah the just/ proper estimate.

Quran: Whoever honours the sacred things with Allah, that is better for him with his Lord.

Surah Nisaa:

Ignorance stems from improper knowledge of Allah, which leads to improper estimation of Him.

From Quran:

Ignorance and foolishness;
Allah only accepts repentance from
the one who commits sins out of
these 2.

A slave only commits sin out of ignorance(This was the understanding of the Sahaabah)

Ibn Taymeeyah said:

Every disobedient person is ignorant, and every person with awe/ fear (of Allah) has knowledge of Allah and is in obedience of Him.

Had the fear of Allah been perfected, you wouldn't disobey Him.

Bonus Chapter 6

The more you know Allah, the more
you fear Him, Quran, Chapter 35
Verse 28.

It is only the 'Ulamaa that fear Allah.

The most knowledgeable of Allah
was the Prophet (Peace Be Upon
Him)

The Slave feels his small sin as a
mountain.

The Sahaabah feared Allah the most(
after the Prophets)

Muubiqaat- destructive sins.

Don't look to the smallness of your sins, look to the Greatness of The One you are disobeying.

If Satan/ Shaitaan cannot get a person to sin, he will try to get him through riyaa/ show off and pride.

Imaam Ahmed on his death bed said "Laa ba'd(not yet)...". He said "(the Shaitaan) Iblees stood by my feet biting his fingers saying futtanee;

you were saved from me, (he wanted Ahmed to feel proud)“

Ahmed said:

Not yet, not yet, not until I die.

One of the fruits of true Imaan, is that at death, Allah will make a believer firm against Satan

Firm saying, in this world, is saying the kalimah(statement of Tawheed)

at death and being able to answer
the 3 questions in the grave.

One of the salaf(Abu Bakr) said all
the names of Allah until he died(not
Abu Bakr Siddique)

Baqarah 2: 132- 133

“Die not except in Islam(with the
statement of Tawheed)”

The most fruitful end is to die in
Islaam

Bonus Chapter 7

Husna- the best, most perfect &
most beautiful

In 4 places, Allah mentions that His

Names are Al Husnaa

Surah A-raaf Chapter 7, Verse 180

Surah Israa Chapter 17, Verse 110

Surah Taha, Chapter 20 Verse 8

Surah Hashr Verse 24

Husnaa

1. All Allah's names indicate and affirm His perfect attributes, they are names as well as attributes.

Allah is glorified above having names without meaning.

Allah's name is Al Qawii- it implies that He is The Most Strong, neither preceded by weakness or ending.

Al Hayy; Perfect living not preceded by non-existence nor ending.
His name Al Hayy implies his knowledge...

Al 'Aliim

The knowledge is not preceded by
ignorance nor is it ended by
forgetfulness

Appendix

1. *in ipso momento*- in that particular moment